

# FORT SAM HOUSTON News Leader

OCT. 2, 2008 • VOL. 50, NO. 39

"HOME OF ARMY MEDICINE"

Ready, set, walk



Photo by Minnie Jones

Ashley Mayle, Miss Fiesta 2008, and her sister Lindsey, who has Down Syndrome, lead the Buddy Walk Saturday. More than 3,000 people participated in the annual event around the BG Johnson track located across from the MacArthur Field on Stanley Road. *See related story and more photos, Pages 14 and 15.*

## Town hall addresses concerns of residents

By Olivia Mendoza  
Fort Sam Houston  
Public Affairs Office

Residents of the Harris Heights community attended a Town Hall meeting Sept. 24, hosted by Col. Mary Garr, garrison commander and Lincoln Military Housing staff.

Topics discussed were curfew hours, future police and fire support, crime statistics, National Night Out, dress code, bullying and future town hall meetings.

Harris Heights residents addressed concerns regarding curfew hours, crime, Fort Sam Houston Independent School District student issues, crosswalks, running on post streets and non-resident parking on neighborhood streets.

director, Emergency Services and Provost Marshal informed residents about post children's curfew hours. Curfew for children 17 years of age and younger Sunday through Thursday is 10:30 p.m. The curfew for children 17 years of age and younger during the summer and non-school days Friday and Saturday is midnight.

Children without supervision after curfew hours will be cited and parents will be notified. Should the child be found again after hours, first time offenders will be sent to the Juvenile Review Board. After three visits to the JRB, the board will decide the appropriate course of action.

### Crime

Hayes reported that

### Curfew hours

Maj. Christopher Hayes,

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### Fire Department open house

The Fire Department will hold an open house Oct. 11 from 9 a.m. to 3 p.m. At 9 a.m., Garrison Commander Col. Mary Garr will give opening remarks followed by the presentation of awards for the poster contest. At 10 a.m. there will be participant fire extinguisher training. Between 11 a.m. and 3 p.m., a carnival will run with static displays, Fire Safety House, games and entertainment. The department will sponsor a contest to see which Family has the most effective fire evacuation plan. Submit your plans to the post Fire Department at Schofield Road, Building 131, or e-mail terry.davis7@us.army.mil. The winner will be recognized at the Open House and presented with a certificate and prize. For more information, call Assistant Fire Chief Davis at 221-5452.

## Food for thought

## Dietitians complete inaugural graduate program

By Jeff Crawley  
Fort Sam Houston Public Affairs Office

The first class of dietitians to complete the Army's Graduate Program in Nutrition received their master's degrees Sept. 26 at Wood Auditorium here. Ten first lieutenants completed the 20-

month training and received diplomas from Baylor University, which sponsors the program.

As the Army's newest dietitians, the Soldiers will be assigned primarily to medical centers working with warfighters to make them safer, faster and fiercer on the

battlefield, said a program official.

"It was terrific," said graduate 1st Lt. Ryan Koelsch, referring to the new program. "I think they have a great foundation here and we're all pleased and excited with the opportunity we have."

The students began the

two-phase program in December 2007 at Fort Sam Houston, said Col. Ann Grediagin, director of the Graduate Program in Nutrition, Academy of Health Sciences Graduate School.

During Phase 1, the U.S.

See DIETITIANS P6

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# No stopping zone



Courtesy photo

With the recent relocation of the Binz-Engleman Gate, there is an increase of traffic proceeding through the intersection of Garden and Schofield roads. Motorists are reminded that the area in front of the fire station is a clear zone. Every second, every minute counts when responding to emergencies and when the exit path for emergency vehicles is blocked, responses can be delayed, which can result in a loss of life. Drivers are asked to do their part and obey traffic signs and yield for emergency response vehicles.

## Department celebrates Fire Prevention Week

The Fort Sam Houston Fire and Emergency Services will sponsor numerous activities as part of Fire Prevention Week, Oct. 5 through 11. Firetrucks will be on display at the Harris Heights Community Center Oct. 7 from 8:30 to 9 a.m.; Marvin R. Woods and Crockett Playground from 9:10 to 9:30 a.m.; Youth Center (B-1720) from 10 to 10:30 a.m.; Watkins Terrace Community Center from 10:45 to 11:15 a.m.; and the FSH Resident Community Center from 2 to 2:30 p.m. The Fire Department will hold an open house Oct. 11 from 9 a.m. to 3 p.m. At 9 a.m., Garrison Commander Col. Mary Garr will give opening remarks followed by the presentation of awards for the poster contest. At 10 a.m. there will be participant fire extinguisher training. Between 11 a.m. and 3 p.m., a carnival will run with static displays, Fire Safety House, games and entertainment. The department is also sponsoring a contest to see which Family has the most effective fire evacuation plan. Submit your plans to the post Fire Department at Schofield Road, Building 131, or e-mail [terry.davis7@us.army.mil](mailto:terry.davis7@us.army.mil). The winner will be recognized at the Open House and presented with a certificate and prize. For more information, call Assistant Fire Chief Davis at 221-5452.

## Weekly Weather Watch

	San Antonio	Kabul Afghanistan	Baghdad Iraq
Oct. 2	Low 90s Sunny	86° Clear	91° Clear
Oct. 3	Low 90s Sunny	84° Clear	93° Clear
Oct. 4	Upper 80s Partly Cloudy	82° Clear	95° Clear
Oct. 5	Upper 80s Partly Cloudy	78° Clear	98° Clear
Oct. 6	Upper 80s Partly Cloudy	73° Partly Cloudy	98° Clear
Oct. 7	Upper 80s Partly Cloudy	69° Rain	98° Clear

(Source: Weather Underground at [www.wunderground.com](http://www.wunderground.com))



### Editorial Staff

Army Medical Department Center and School and Fort Sam Houston Commander

Maj. Gen. Russell Czerw

Garrison Commander

Col. Mary Garr

Public Affairs Officer

Phillip Reidinger

Editor/Writer

Elaine Wilson

Staff Writers

Minnie Jones

Olivia Mendoza

Jeff Crawley

Layout Artist

Lori Newman

### News Leader office:

1212 Stanley Road  
Building 124, Suite 4  
Fort Sam Houston, Texas  
78234-5004; 210-221-0615,  
DSN 471-0615  
Fax: 210-221-1198

### News Leader Advertisements:

Prime Time Military Newspapers  
2203 S. Hackberry  
San Antonio, Texas 78210  
Phone: 210-534-8848  
Fax: 210-534-7134

### News Leader e-mail:

[news.leader@conus.army.mil](mailto:news.leader@conus.army.mil)

### News Leader online:

[www.samhouston.army.mil/pao/default.html](http://www.samhouston.army.mil/pao/default.html)

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## News Briefs

### TxDOT Construction closes Walters Street gate

Beginning Oct. 10, the Texas Department of Transportation will issue a full lane closure for Interstate Highway 35, northbound and southbound main lanes that will also require closure of the Fort Sam Houston Walters Street gate. The Walters gate is scheduled to be closed Oct. 10 to 13 for the \$23 million upgrade of the Walters Street Bridge. The southbound entrance ramp from the AT&T Parkway and the northbound entrance ramp from News Braunfels Street will also be closed. Southbound motorists will detour at Walters to the frontage road, cross the Walters and New Braunfels intersections and enter on the next available ramp. All northbound motorists will detour at Walters to the frontage road, will cross the Walters intersection and enter on the next available ramp past Walters Street. For more information, call TxDot at 615-5836 or visit [www.TxDot.gov](http://www.TxDot.gov).

### Domestic Abuse Prevention Awareness Month kick off

Fort Sam Houston Family Advocacy Program will hold the kick-off ceremony for Domestic Abuse Prevention Awareness Month Oct. 2 from 9 to 10 a.m. at Army community Service, Building 2797. The ceremony will be hosted by Col. Mary Garr, garrison commander and the proclamation will be read by Maj. Gen. Russell Czerw, commander Fort Sam Houston and Army Medical Department Center and School. Door prizes, refreshments and information booths will be available. For more information, call 221-0349 or 221-2418.

### Hispanic Heritage Month events

In honor of Hispanic Heritage Month, the following events will be held:

- Soccer tournament Oct. 4 from 8 a.m. to 5 p.m. at Leadership Field, across from the fire department. The deadline to register is Sept. 26 at 7:45 a.m.

- A Latin Night Comedy Show at the Sam Houston Club will be held Oct. 4 at 8:30 p.m. The event is co-sponsored by Better Opportunities for Single Soldiers. The cover charge is waived for people who receive tickets from their unit BOSS representative. For information, call Doug Rush at 224-2721.

For more information on the events, call Sgt. 1st Class Megan Grant, project officer, at 295-6800.

### Community FIRST focus group

A Community FIRST focus group, comprising Warrior in Transition Battalion Soldiers and their Family members, is scheduled for Oct. 8 from

See NEWS BRIEFS P4

# Post focuses on crime prevention

National Night Out, the nationwide crime, drug and violence prevention program commemorates its 25th anniversary Oct. 7.

As part of the observation, the Fort Sam Houston Police Department will participate as part of a nationwide effort to bring attention to crime prevention throughout October. Several activities on post will be conducted by the Crime Prevention Section.

All residents of Fort Sam Houston play a vital role in assisting the police through joint crime, drug and violence prevention efforts on the installation. It's essential that all Families of Fort Sam Houston housing areas be aware of the importance of crime prevention programs and the impact that their participation can have on reducing crime, according to the Fort Sam



Houston National Night Out proclamation.

During Operation Project Lock, the Crime Prevention Section will be checking parked vehicles around the installation to ensure that they are secured. Any vehicles that are found unsecured will be given a reminder to

secure their vehicles.

Crime prevention information booths will be set up at the post's shopping areas with brochures, child identification kits, coloring books, stickers and McGruff the Crime Dog.

McGruff also will make an appearance at the Fall Fest Oct. 18. During Red Ribbon Week, Oct. 23 through 31, he will visit at the Child Development Center, Brooke Army Medical Center, Fort Sam Houston Elementary School and commissary.

The Crime Prevention Section is available to present crime prevention classes to units or communities. For more information, call the Crime Prevention Section at 221-0990.

(Source: Fort Sam Houston Police Department.)

## Cyber-Recruiting provides instant experts

Story and photo by Sgt. Carl Hudson  
7th Mobile Public Affairs Detachment

FORT KNOX, Ky. — Before future Soldiers can provide for the Army, the Army provides for its future Soldiers.

When U.S. Army recruiters approach possible future Soldiers they take into consideration what the future Soldier may need such as job experience, tuition pay in the form of the Montgomery G.I. Bill or the Loan Repayment Program, or even cash bonus incentives.

However, concerned and skeptical citizens may find it difficult to approach a recruiter for one reason or another, and that's where cyber-recruiting comes in.

The U.S. Army Recruiting Headquarters, at Fort Knox, Ky., houses more than 40 cyber-recruiters who work between the hours of 8 a.m. and midnight to help anyone who may have questions concerning the Army and how it takes care of its Soldiers.

"The concept of cyber-recruiting originated with a chat room," said John J. Dunlosky, Customer Support Communications Center branch manager at U.S. Army Recruiting Headquarters at Fort Knox, Ky. "Internet capability interlinked the voice of the U.S. Army with the American public to give them a forum where the public can ask questions,



Zuber Arif, a cyber recruiter and linguist, provides expert knowledge to a future Soldier who is considering becoming a linguist at the Cyber Recruiting Center at the U.S. Army Recruiting Headquarters at Fort Knox, Ky.

gain information and receive a professional answer."

With the cyber-recruiting concept, the Army can offer a single answer to every question as opposed to variations of the same answer, he said.

Along with the chat rooms, cyber-recruiters can also offer one-on-one attention to possible recruits through the use of e-mail. With this method, the future Soldier can receive immediate, credible information and a much more private discussion with a

recruiter online to discuss jobs available, incentives, individual needs and other matters, Dunlosky explained.

"The representatives in our staff bring 500 years worth of Army experience to the table," he said. "If someone wants to know about aviation in the Army, I've got an ex-aviation guy sitting out there ready to answer questions, or if they want to know about infantry, ex-infantry guys are out there. Chances are we have some-

See CYBER-RECRUITING P10



## News Briefs

### from P3

8:30 to 11:30 a.m. in the Soldier and Family Assistance Center Conference Room, Building 3931. For more information or to participate in the focus group, call Russell Matthias, Fort Sam Houston Customer Service Officer, at 221-2543 or e-mail [samh.cms@conus.army.mil](mailto:samh.cms@conus.army.mil).

For more information about Customer Management Service, call Russell Matthias at 221-2543 or e-mail [samh.cms@conus.army.mil](mailto:samh.cms@conus.army.mil).

### Public Works closure

The Directorate of Public Works will be closed Oct. 15 from 11 a.m. to close of business for the DPW Organization Day. For emergencies, call the Service Order Desk at 221-3144.

### Audie Murphy Club Induction Ceremony

The Sergeant Audie Murphy Club Induction Ceremony will be held Oct. 17 at 4 p.m. in Blesse Auditorium, Willis Hall, Army Medical Department Center and School. The honorees are Sgt. 1st Class Serena Di Virgilio and Staff Sgt. Howard Markel, of the AMEDD Noncommissioned Officers Academy.

### Special Forces briefings

Special Forces briefings will be held Oct. 20 to 24 from 11:45 a.m. to 1 p.m. in the Army Community Service center. The Oct. 20 to 22 briefings will be held in training room 1 and Oct. 23 and 24 briefings in training room 2. The briefings are open to permanent party male Soldiers, E-3 to E-6. For more information, call Sgt. 1st Class John Murphy at 1-877-845-9764 or 254-288-7411.

### Garrison wants to hear from cyclists

The Fort Sam Houston Garrison will be installing bicycle racks to help make commuting and securing bicycles easier on the post. The garrison is soliciting unit and tenant input on where to install the new bicycle racks. To provide a recommendation, submit a DA Form 4283 Work Request through normal command work-request channels. Ensure you specify where the bike rack should be installed, how many bicycles it should hold and any other special requirements. Submit work requests with enough lead time so that they arrive at the Directorate of Public Works not later than Oct. 31.

# Community welcomes home warrior-citizens

By Sgt. David Nunn  
103rd Expeditionary Sustainment Command Public Affairs Office

A large mass of Army Reserve Soldiers gathered for a Welcome Home Warrior-Citizen Award ceremony after recently returning from a deployment. Family, friends and fellow Soldiers packed the Army Community Service building Sept. 20 to give their support for the Warrior-Citizens.

Soldiers of the 328th Adjutant General Company provided administrative support while deployed in support of Operation Iraqi Freedom.

"We are here today to recognize these men and women, who are the true strength of our nation," said Brig. Gen. Karen LeDoux, Commander of the 103rd Expeditionary Sustainment Command. "These Soldiers are twice the citizen; trained and prepared to fight for our country when



Courtesy photo

Soldiers, Family members, and friends of the 328th Adjutant General Company pack the Road Runner Community Service Building during the Welcome Home Warrior-Citizen Award ceremony Sept. 20 at Fort Sam Houston.

they were called to defend it," she said.

Sgt. Matthew Meadows, who served as the master of ceremonies, read a letter sent by Texas Congressional Representative, Congressman Charles A. Gonzalez, in appreciation for the sacrifices of the Soldiers.

"Your mission not only made our nation stronger but helped

to secure the blessing of liberty and freedom to regions of the world where those noble causes were so lacking," read Meadows. "It is my great honor to thank you for your sacrifice and I hope in the coming days and weeks you enjoy the long awaited loving embrace of your family and community."

The Welcome Home Warrior-Citizen Award ceremo-

ny was first held on July 7, 2005, in Washington D.C., for U.S. Army Reserve Soldiers who served in Operation Iraqi Freedom and Operation Enduring Freedom, according to Army Reserve Magazine. It consisted of giving every Soldier an encased American flag, a specially designed commemorative coin, and a Welcome Home Warrior-Citizen flag.

# Families, friends say farewell to Reserve Soldiers

By Sgt. David Nunn  
103rd Expeditionary Sustainment Command Public Affairs Office

About 25 members of the 350th Human Resource Company, gathered with friends and Family in support of their pending departure Sept. 20 in the Road Runner Community Service Building here. The Army Reserve Soldiers have been called to defend their nation in support of Operation Iraqi Freedom.

The company, based in and around San Antonio, will finish about another week of training before embarking on a 12-month tour, said Staff Sgt. Stanley Douglas, of the 350th.

After introductory words and an invocation by Capt. Tom Medley, Master of Ceremonies Sgt. Matthew Meadows read a letter from Texas Congressional Representative, Congressman Charles A. Gonzalez.

Gonzalez conveyed his appreciation of the dedication and sacrifices the Soldiers of the 350th embody and wished them good luck.

"You represent the best trained, most well equipped and hardest work-

ing Soldiers in the history of the armed forces. Even though your mission will take you far from home, please know that I join your Families in saying that we will keep our thoughts of you close," read Meadows. "Your willingness to serve makes our nation stronger and our world more secure."

Brig. Gen. Karen LeDoux, Commander of the 103rd Expeditionary Sustainment Command, presided over the ceremony and recognized not only the service of the Soldiers, but also their loved ones.

"You will experience, sometimes multiple times, putting yourselves into harms way in defense of this nation," LeDoux said. "When we honor our Soldiers we should also honor the unwavering support of their friends and Family bring to this nation."

The conclusion of the ceremony was marked with the combined voices of every Soldier in attendance stating the Soldier's Creed, the final lines of which held special meaning to the Soldiers of the 350th: "I stand ready to deploy... I am a guardian of freedom and the American way of life."



Courtesy photo

A U.S. Army Reserve Soldier of the 350th Human Resources Company stands with her family during her unit's farewell ceremony Sept. 20 at the Army Community Service building here.

# Parent University offers child-raising skills

Story and photo by Cheryl Harrison  
Army Community Service, Marketing

Parents took the time away from an already busy schedule to improve their parenting skills at the Parent University Project Sept. 25 at the Fort Sam Houston Elementary School.

The program was sponsored by various Army Community Service Family Advocacy Programs and hosted by the faculty of Fort Sam Houston Elementary School.

In an effort to help parents grow well-adjusted children into academics, emotions and social environments facilitators offered insight into children and money, family stress, self-esteem, attention deficit hyperactive disorder, battlemind training, substance abuse safety tips, the parent-teen connection, fun play with baby and toddlers, anger management

101, framework for improved reading and couples communication.

The halls of education opened at 6 p.m. for parent registration. Eager parents were able to enroll into 16 different classes.

Parents were able to choose two classes to attend either together or separately, giving the couple a total of four sessions in which to participate.

Newcomers to Fort Sam Houston, Jennifer Lynch and her Navy husband were eager to enroll and become familiar with what the post community had to offer.

Lynch was one of the first participants to sign in and selected Couple's Communication and Marriage 101.

"It never hurts to find ways to improve your marriage," she said.

Sessions were held in the class-

rooms while speakers handed out pamphlets, showed PowerPoint slides and offered guidance and strategies.

Following the sessions, facilitators and parents met in the cafeteria for a Family fun activity.

Inspired parents went away with a better understanding of circumstances and events that affect their lives and also affect their children's and Family situations.

Some of the comments received were "great class," "the instructor was very helpful and understanding about all situations," and "thank you." With the Parent University Project behind them, the students learned new ways to keep Family life on an even keel.

For more information about classes Army Community Service has to offer for the Family, call 221-2705 or visit ACS Building 2797 Stanley Road.



Jennifer Lynch registers with the guidance of April Blanco, assistant principal Fort Sam Houston Elementary School, at Parent University held Sept. 25. The "Parent University Program" initiative is a program service designed to be the kick-off for the October, Domestic Violence Prevention Awareness Month.

## Hometown star

Fort Sam Houston personnel who want to share news of their accomplishments and achievements with Family members and friends back home can participate in the Army and Air Force Hometown News Program.

Whether active duty, Reserve, Guard or a Department of Defense civilian, you can fill out the Hometown News Release, the Department of Defense Form 2266, and forward it to Public Affairs. PA will then forward the form to the Air Force News Agency for distribution to every media outlet within a 50-mile radius of the zip code specified on the form.

Complete the DD Form 2266, posted on the Fort Sam Houston Public Affairs Web site at <http://www.samhouston.army.mil/publicaffairs>, and submit it to PA by fax at 221-1198 or e-mail to [HometownNews@samhouston.army.mil](mailto:HometownNews@samhouston.army.mil).

For more information, visit <http://www.samhouston.army.mil/publicaffairs>, call 221-1139 or 221-0546; or e-mail Minnie Jones at [minnie.l.jones@us.army.mil](mailto:minnie.l.jones@us.army.mil) or Olivia Mendoza at [olivia.mendoza1@us.army.mil](mailto:olivia.mendoza1@us.army.mil).





**DIETITIANS from P1**

Military-Baylor University Master's Program in Nutrition, a nine-month, 45-credit hour didactic course was taught at the Army Medical Department Center and School.

"It was a huge volume of work that involved classroom work and a lot of practical exercises, where they can develop skills," she said.

Topics included anatomy and physiology, biochemistry and three nutrition-focused areas: clinical dietetics emphasizing burns and trauma; nutrition and stability operations such as, international humanitarian missions; and nutrition and physical and cognitive performance.

Koelsch said that the phase was academically rigorous because of the number of classes, tests, presentations and homework.

Another challenge was juggling being a student and military officer.

"There are very different and they both have intense requirements," said Koelsch, who will be assigned to Blanchfield Army Community

Hospital at Fort Campbell, Ky.

For Phase 2, the U.S. Military Dietetic Internship Consortium, students performed a yearlong internship and research project at either the Brooke Army Medical Center here; Walter Reed Army Medical Center, Washington, D.C.; or the Womack Army Medical Center, Fort Bragg, N.C.

Working in clinical rotations, the students worked to build a foundation of skills that used the knowledge gained the previous nine months, Koelsch said.

Duties included inpatient care, where the dietitians had to assess the patients' nutritional status and determine appropriate intervention.

And, while assigned to installation dining facilities, the Soldiers scrutinized the nutritional adequacies of meals, he said.

The students were required to demonstrate 40 dietetic competencies as a requirement for graduation, Grediagin said.

Another requirement was an individual research project in clinical dietetics, stability



Photo by Jeff Crawley

Retired Col. Brenda Forman talks with new graduates first lieutenants Benjamin Wunderlich, Emily Slusher and Ryan Koelsch, Sept. 26 at the Medical Command Headquarters at Fort Sam Houston. Forman, who retired in 2004 here as the Army chief dietitian, was instrumental in the creation of the Army's Graduate Program in Nutrition.

operations or nutrition and performance. Students had to successfully defend the research and submit a manu-

script ready for publication, Grediagin said.

As part of the internship, the students returned to Texas for a couple weeks to complete the Joint Field Nutrition Operations Course at Camp Bullis and learned what deployed dietitians do, she said.

The graduate program takes dietetic practice to the next level, said Chief Dietitian of the Army Col. George Dilly.

"In the past, to have the proficiency and skill set that

these graduates have today, was acquired over a period of six to eight years," he said. "It allows these young officers to deploy very early in their careers with the exact skill set that they need on the battlefield."

Previously dietitians went through a nine-month program only, Grediagin said.

"We upgraded it because we realized the skills that our dietitians needed to treat today's Soldiers were indica-

**See DIETITIANS P7**

**TOWN HALL from P1**

Harris Heights had seven property crimes and four assaults since February. However, he mentioned a lot of crimes go unreported and it is important that the residents do their part by being more vigilant for the community.

"Fear of crime is worse than crime itself. Residents are the eyes and ears for the police. The police can not do it without the residents' help," said Hayes. "If you call, we will respond. Our officers truly care and feel they are part of the community too."

**Parking**

Hayes also addressed the concerns of parking on Hardee and Patch Roads during the 232nd Medical Battalion graduation dinners and ceremonies and is working with Lincoln Military Housing to install parking signs.

"If the street is blocked and an emergency response team can not get through, the vehicles can be towed," said Hayes.

"The Effectiveness and Acceptance of Web-based Learning Compared to Traditional-based Learning for Performance in Nutrition Education."

The guest speaker for the graduation was retired Col. Forman, former Army chief dietitian, who helped start the program.

Forman refused to take credit for creating the program, but said she merely "got the ball rolling."

Forman, who retired in July 2004, described the graduation as the culmination of several years of very hard teamwork.

"I'm just excited to see all these bright young minds, who are going to go out and do great things for the Army," she said.



Photo by Jeff Crawley

First Lt. Lee Margolis receives the Research Award from Col. George Dilly, the Army's chief dietitian, during graduation ceremonies Sept. 26 at the Cpl. Marvin R. Wood Auditorium here. Margolis was one of 10 graduates in the first class in the Army's Graduate Program in Nutrition.

**DIETITIANS from P6**

tive of a master's degree," she said.

During the ceremony, two distinguished graduates were recognized.

The Col. Brenda J. Forman Leadership Award recipient was 1st Lt. Stephanie Vanneman.

Vanneman was recognized for several accomplishments, including her role in getting a \$10,000 grant for Womack Army Medical Center's Fit Family Program.

First lieutenant Lee Margolis was presented the Research Award, which was given to the student whose research demonstrated originality, scientific merit, military relevance and superior quality.

Margolis' project was titled,

**"Fear of crime is worse than crime itself. Residents are the eyes and ears for the police. The police can not do it without the residents' help. If you call, we will respond."**

**Maj. Christopher Hayes**  
*Director of Emergency Services*  
*and Provost Marshal*

**Student issues**

Isabel Clayton, principal, Cole High School spoke about how safety is important for the school. Students are advised and encouraged to tell a faculty member if they hear or know of someone who may retaliate towards another student.

Clayton understands that students may be apprehensive to speak directly with a teacher or counselor. The school is evaluating an anonymous tip line for students to call. Residents rec-

ommended a suggestion box as another solution for students.

**Crosswalks/Running**

Residents addressed crosswalk safety and the running policy on post streets. The crosswalks are faded and need to be repainted for vehicle operators to see and allow pedestrians to have a safe place to walk.

Garr informed the residents that the Directorate of Public Works is aware of the condition of the crosswalks and will soon be working them.

The policy controlling running and jogging states wearing headsets is prohibited; no running on the roadways and pedestrians must follow all traffic rules of the State of Texas.

"We are fortunate to live on post, it is a privilege. The community needs to come together, residents need to let housing know what is going on and parents need to talk to other parents," Garr said. "If something looks or seems illegal get the Directorate of Emergency Services involved."



# High conflict couples have potential for domestic abuse

By Angela Swain,  
Installation Victim Advocate  
Army Community Service  
Family Advocacy Program

Conflict is inevitable and military couples and Families are not exempt from it. Many couples routinely manage general conflicts as a way of life. Military Families deal with unique stressors such as remote assignments, deployments, re-entry, solo parenting, Family separation and communication challenges.

Military couples should look for red flag indicators when stress overload occurs. This may include an increase of the following: arguments, fatigue, impulsivity, isolation

and depression. Couples can become vulnerable to ongoing high levels of stress. Too much stress can trigger negative responses; create frustration and cause frequent power struggles. It becomes easy to view one's mate as an opponent instead of a marriage partner.

Unhealthy conflicts can lead to hostility and eventually interfere with healthy communication. When couples engage in "dirty fighting," insults can result in bruised or hurt feelings and situations may escalate. Out of control behavior can increase in conflict situations, and partners may tend to treat each other badly.

One can go from very

destructive behaviors that may include verbal or substance abuse to less destructive ones such as complaining, nagging or criticizing. Demonstrations of destructive behavior can raise the potential for abuse. Eventually, high levels of conflict can lead to aggressive and physical behavior. The goal is to break the cycle of abusive behavior, de-escalate unhealthy conflict and

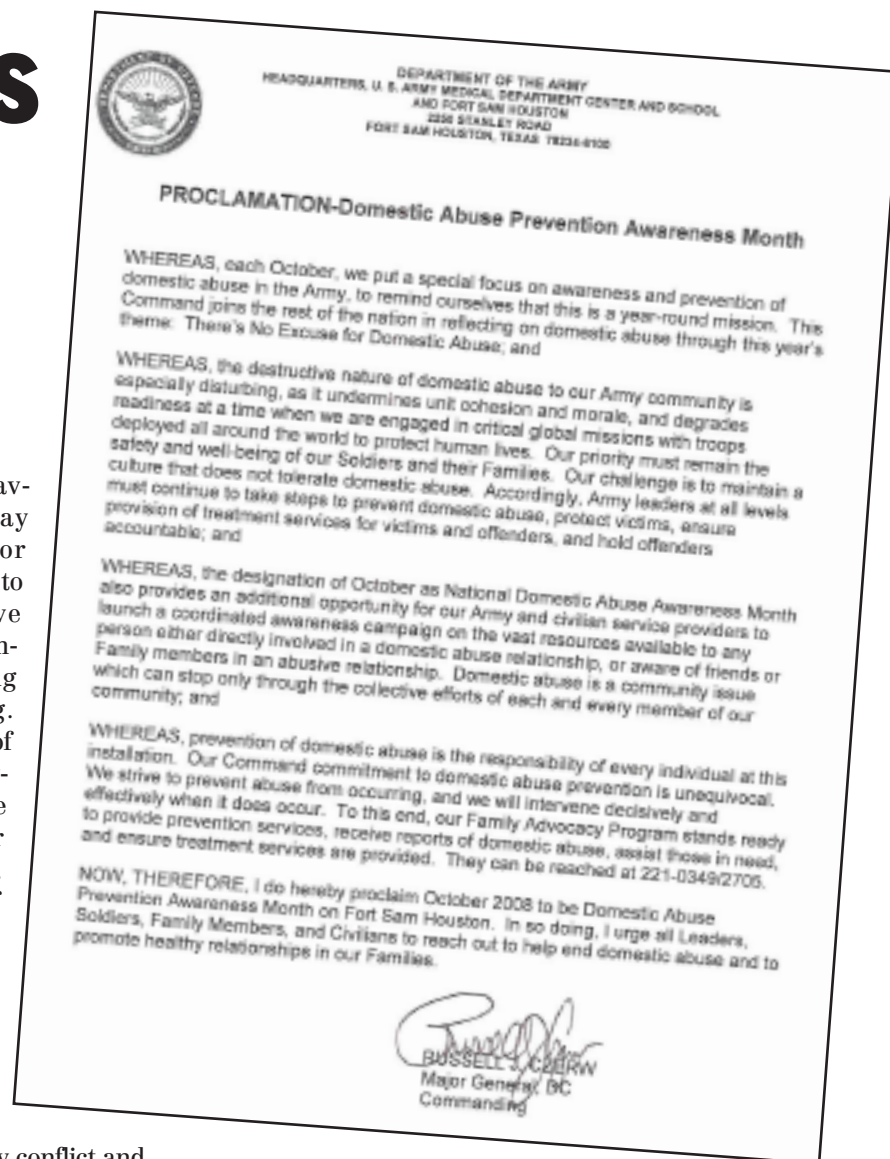
promote mutual respect and honor.

The right tools can equip couples to handle stress and conflict. Opportunities that allow relationship stability and growth. Couples experience many benefits such as respect, understanding, intimacy and cooperation when they learn to handle conflicts with healthy communication skills.

Mastering self-control to manage conflict and inappropriate behaviors may require help. The Army Community

Service Family Advocacy Program offers classes and Installation Victim Advocate support. Counseling and treatment support are available at Brooke Army Medical Center Department of Social Work. The decision to contact these services as a couple and for Family support can make a difference for generations to come.

For more information on counseling and treatment support, call ACS FAP at 221-0349 or BAMC Department of Social Work at 916-3020.



## Emergency numbers



**Dial 911** when calling from a Fort Sam Houston or Camp Bullis telephone number prefix.

**Dial 554-4713** when calling from a cell phone or from anywhere on Fort Sam Houston other than the post telephone number prefixes.

On Camp Bullis, **dial 295-7517** from a cell phone or non-Camp Bullis prefix.

The fire prevention office has phone stickers for these numbers. Stop by Building 4196, Room A37 or call 221-5452.

# Special agent applicants sought by CID

FORT BELVOIR, VA. — The U.S. Army Criminal Investigation Command, commonly known as CID, is seeking qualified Soldiers to serve the Army as highly-trained special agents.

Special agents are responsible for investigating felony-level crime of Army interest, conducting protective-service operations and working with other Federal, state and local law enforcement agencies to solve serious crime and assist in combating terrorism.

Agents receive training at the U.S. Army Military Police School and advanced training in specialized investigative disciplines. Selected agents receive advanced training at the FBI National Academy, Metropolitan Police Academy at Scotland Yard, DoD Polygraph Institute, and the Canadian Police College. Agents also have the opportunity to pursue a master's degree in Forensic Science from George Washington University.

To qualify, applicants must be a U.S. citizen, at least 21, be an E-5, SGT (non-promotable), with at least two years but not more than 10 years time in service. They must have an ST score of



107 or higher (ST of 110 if tested prior to 2 January 2002), and have at least 60 college credit hours from an accredited institution (waiver of up to half of this prerequisite may be considered if favorably endorsed by the local CID office). Applicants must also have a physical profile 222221 or higher, with normal color vision and no record of mental or emotional disorders. There is a requirement for a minimum of one year of military police experience or two years of civilian police experience. This prerequisite may be waived if the applicant is favorably endorsed by the local CID office.

Applicants must be able to speak and write clearly, have suitable character established by a Single Scope Background Investigation leading to a top secret clearance, no record of unsatisfactory credit and no civil court or court-martial convictions, and lastly, be able to complete 60 months of service obligation upon completion of the Apprentice Special Agent Course.

To apply or for more information visit [www.cid.army.mil](http://www.cid.army.mil) or contact your local CID office.

(Source Army Criminal Investigation Command.)

## One fell swoop



Photo by Robert R. Ramon

Brig. Gen. Camille M. Nichols, commander of the U.S. Army Expeditionary Contracting Command, and Col. Ted C. Harrison, 410th Contracting Support Brigade commander, cut a cake at the 410th's transfer of authority ceremony Sept. 26 at Building 1000 here.





## CYBER-RECRUITING from P3

one who used to be in that job field out there to help out the future recruit."

Not only are future Soldiers able to access the chat room, but their families and friends are also able to log on and ask questions about their Soldiers. If an individual wishes to remain anonymous, the chat-room will respect his privacy.

"Anybody can log in under whatever name they choose to pose questions they want answered," said Dunlosky. "As long as they maintain 'chat-etiquette,' they're welcome to come in and chat with each other or with the representatives."

In September 1999, the Army decided to reach out through the internet to possible recruits in order to take advantage of a format that appeals to the current generation.

"Our first year, we only had 49,000 chat users," said George Silva, Operations Manager. "Since 9/11, cyber-recruiting has really picked up."

Cyber-recruiters have assisted in bringing in over



Photo by Sgt. Carl Hudson

A projection of the chat room is viewed by all cyber-recruiters in the U.S. Army Recruiting Headquarters to keep up with questions and to provide experts for questions that may not be answered immediately by a single employee.

27,000 enlisted troops into the Army's ranks, according to the Cyber Recruiting Center, with the largest batch of future Soldiers being more than 7,900 in 2007.

"In time, recruiters began to look forward to the leads that we (cyber-recruiters) began to pick up," Silva said.

"All these employees are prior-service in the military and former recruiters," he said. "They're here to share their experiences, and they know what qualifications a

future recruit must have to gain the job they want."

With the war on terrorism approaching its sixth year, recruiters continue working to add numbers to the ranks of today's fast and ready Army, and that means keeping up with today's generation and technology.

Anyone who may have questions or may be interested in the mentorship program to help new or future Soldiers can access information at <http://www.goarmy.com>.

### Army Continuing Education Services seeks customers' suggestions

The Army Education Center is conducting a Needs Assessment Survey now through Oct. 10. The survey can be accessed two ways. The first way is to go to <https://secureweb.hqda.pentagon.mil/hqdasurveys/>. Click on "Surveys" highlighted by a green check mark. Find the garrison listed survey name. Double click on the forward arrow to the right of the open window box until the number three appears. Scroll down to "IMCOM West ACES Sam Houston" click and the survey will open. Click "Finish" when the survey is completed. Another way to complete the survey is to visit <https://fsh-intranet.amedd.army.mil> <<https://fsh-intranet.amedd.army.mil/>. Scroll down on the left. Click on "Services." Then click on "Education and Training Services." Scroll down and click on "new" (highlighted in red) to take the ACES survey. Please take a few moments to complete this important survey.

# Kennedy High School JROTC visits post



Patrolmen Marco Duarte, Fort Sam Houston Police, demonstrates how a police vehicle works, and the difference between civilian vehicles to Daniel Flores, Kennedy High School JROTC. During the visit at the post police headquarters Sept. 24, the students had the opportunity to see the inner workings of a police station — visiting the holding cell and offices of the police officers.



Photos by Esther Garcia

Firefighter Ali Hayes, Fort Sam Houston Fire Department, demonstrates how to properly hold a fire hose to students from Kennedy High School JROTC during a visit to the fire department Sept. 24.



Kennedy High School JROTC students visit with the caisson horses during their visit with members of Military Honors, Headquarters and Headquarters Company, U.S. Army Garrison, provided a tour of their facilities. Members of Military Honors demonstrated how a flag is folded over a casket, the uniform they wear and the rifles used in military funerals. Military honors provide services to veterans in the 63-county South Texas Region, and provide ceremonial support to the installation and the San Antonio area.



Members of the Guns and Flag Platoon, Headquarters and Headquarters, United States Army Garrison, watch as Kennedy High School JROTC load and unload cannons. The cannon crew provides support to numerous ceremonial events on post such as Veterans Day, Memorial Day, Fiesta and retirement ceremonies.



Firefighter, Mark Zunino, Fort Sam Houston Fire Department, assists Daniel Flores, Kennedy High School ROTC, as he tries on a firefighter's suit, which can weigh up to 45 pounds. About 20 cadets from Kennedy High School JROTC visited the post Sept. 24 which included the Fire Department, the post police, Headquarters and Headquarters, U.S. Army Garrison and Benner Barracks.



JROTC Michael Cortez, a freshman at Kennedy High School and Senior, JROTC Crystal Mooneyhan, race to be the first to put on firefighter's suits during their visit to the fire house on post Sept. 24.



# Soldiers celebrate Hispanic Heritage Month

By Ben Paniagua  
Hacienda Recreation Center

Retired Command Sgt. Maj. Adolph Arista Jr., former command sergeant major of the Army Medical Department Center and School, was the speaker at the Hispanic Heritage Month celebration Sept. 25 at the Hacienda Recreation Center. Arista spoke about the contributions of Hispanics to America.



Courtesy photo

A standing-room-only crowd that included about 150 Soldiers from the 32nd Medical Brigade enjoyed an evening celebrating Hispanic Heritage Month at the Hacienda Recreation Center Sept. 25.

The program was hosted by equal opportunity leaders and other cadre from the 187th Medical Battalion.

Guest speaker retired Command Sgt. Maj. Adolph Arista Jr., former command sergeant major of the Army Medical Department Center and School, spoke on the contributions of Hispanics to America. He encouraged those in attendance to "seek and plan their future and continuously work hard to achieve their goal."

Jewel Terrell, recreation assistant at the center, said that the evening went well

and that she loved the entertainment.

"I thought the dancing and the costumes were very colorful and exciting," she said.

Ronni Garza and The Latin Explosion danced several numbers representing Hispanic nations from around the world.

Garza is from the Dominican Republic. He told the Soldiers that "he loved them for what they represented: Freedom." He thanked them for "all you do to ensure that this freedom is not jeopardized."

"The show was really interesting and the dancers were great," said Pvt. Crystine Dills, from Company C, 187th Medical Battalion. "I enjoyed the whole evening very much and I learned a lot."

Latin food was served consisting of chicken fajitas, pulled pork, Puerto Rican rice, tortillas, flan and punch. Several Soldiers were heard commenting that "the food was off the chain."

## ACAP offers services for transition members

The Army Career and Alumni Program Team assists service members and their families with transition to civilian life. The first step to a successful transition begins with the ACAP Preseparation Briefing. The two-hour briefing informs of benefits and entitlements. Briefings are held daily at 9 a.m. and 1 p.m. The next step in a successful transition include attending a Transition Assistance Program workshop, VA benefits briefing or a Disabled Transition Assistance Program benefits brief. The newest workshop – How to Apply for a Federal Job, uncovers the secrets to a federal career.

The next TAP Workshops are Oct. 8 to 10 and Oct. 22 to 24. The next VA Benefits Briefings are Oct. 10 and 24. The next scheduled DTAP Benefits Briefings are Oct. 29 and Nov. 17. How to Apply for a Federal Job will be held Oct. 3 and 17. Call ACAP to register for a briefing or workshop at 221-1213 or visit ACAP at 2263 Stanley Road, Room B-99, Monday through Friday between 7:30 a.m. and 4 p.m.



Conductor Paul Mealy offers rides in the "Little Red Choo-Choo" around MacArthur Field Saturday during the Buddy Walk.



Lee Campbell-Towell (center) from "Cat Paws" a local television program on PBS station KLRN leads a group of children and volunteers in dance Saturday at the eighth annual Buddy Walk. "Cat Paws" is a children's music and movement television program that generates substantial awareness that children need to sing and move as part of their daily development.



High School Student Carissa Shillingford applies paint to the face of Angelica Gutierrez, 7, at the Buddy Walk Saturday at MacArthur Parade Field. Shillingford is a member of the Ronald Reagan High School FRIENDS, which is a peer support/service organization dedicated to promoting participation and service in the Reagan High School community.



Col. Mary Garr, Fort Sam Houston, garrison commander welcomes families, guests and volunteers at the eighth annual Buddy Walk Saturday at the MacArthur parade field. "We are thrilled to host this event at Fort Sam Houston for San Antonio and the surrounding communities. We love being a part of San Antonio and helping out wherever we can," said Garr.



Promoting Down Syndrome Awareness, thousands gathered at Fort Sam Houston Saturday at the MacArthur parade field for the annual Buddy Walk. For the third consecutive year, Fort Sam Houston has proudly hosted the Buddy Walk building on its record for community involvement.

## Fort Sam Houston hosts 8th Annual Buddy Walk

Story and photos by Minnie Jones  
Fort Sam Houston Public Affairs

Taking steps to promote acceptance and inclusion of people with Down Syndrome, thousands of adults and children came together to celebrate and walked a mile Saturday at Fort Sam Houston's MacArthur Parade Field to support the Annual Buddy Walk.

Saturday's event celebrates National Down Syndrome Awareness Month, which begins in October. The celebration is sponsored by the Down Syndrome Association of San Antonio, whose mission is to provide support and education for families and friends of children and adults with Down Syndrome.

Down Syndrome, also called Trisomy 21, is a condition in which extra genetic material causes delays in the way a child develops, both mentally and physically. It affects about one in every 800 babies.

Though Down Syndrome can't be prevented, it can be detected before a child is born, and there is treatment for health problems that are associated with DS. The Down Syndrome Association of San Antonio is dedi-

cated to providing information and resources to families with children living with this condition.

For the third consecutive year, Fort Sam Houston has proudly hosted the Buddy Walk, building on its record for community involvement.

Garrison Commander Col. Mary Garr who helped open the ceremony, said, "We are thrilled to host this event at Fort Sam Houston for San Antonio and the surrounding communities. We love being a part of San Antonio and helping out wherever we can."

Councilman John Clamp, District 10, attended the event and presented a proclamation from the city of San Antonio to the Down Syndrome Association of San Antonio for their dedication to providing information and support to families and friends of children and adults with Down Syndrome, and promoting acceptance and inclusion through the Buddy Walk for people with this condition.

"I like the fact that the event is held at Fort Sam Houston, said Alena Gutierrez-Berlanga," spouse of Master Sgt. Jesse Berlanga, U.S. Army Special Operations Command, Fort Bragg, N.C., "They (Fort

Sam) have traffic control and provide more freedom for the families."

"There is a lot of open space here," Master Sgt. Berlanga added.

This year's Buddy Walk featured individuals with Down Syndrome showcasing their talents from dancing to singing to gymnastics.

The event featured activities for the whole family with inflatables, face painting, and food and refreshments. It also included performances by "Cat Paws" a local television program on PBS station KLRN and "Dreams Fulfilled through Music." The Shavano Speed Trap band provided the musical entertainment.

Terri Blades, executive director, Down Syndrome Association of San Antonio, said the highlight of the walk this year was the amount of people. "We had over 3,000 people at the walk this year and the weather was gorgeous!"

Celebrity Buddy Walker Miss Fiesta, Ashley Mayle, and her sister Lindsey, who has Down Syndrome, led more than 3,000 participants in brightly colored T-shirts around the BG Johnson track located across from the MacArthur Field on Stanley Road.

"My family and I are excited about participating in the Buddy Walk for the first time. This really gave us the opportunity to meet and socialize with other families of Down Syndrome children," said 1st. Lt. Sherrilynne Cherry, U.S. Army Medical Technology Center, detachment commander. I was surprised to see the large number of friends and supporters who gave up sleeping in on Saturday morning to be out here cheering and walking with us. My family and I will definitely participate next year."

"In addition to the support that we already provide to families, one of our goals for the association is to expand by adding several new programs, like for instance a Teen Club, an academic tutoring program, a Spanish speaking newsletter, and eventually Spanish speaking early childhood meetings," said Blades.

Next year Blades hopes to see more corporate and school teams. The association has eliminated the registration fee, which she hopes will bring more involvement from the community.

For more information about the Down Syndrome Association of Antonio, call 349-4372 or visit [www.dsasa.org](http://www.dsasa.org).



Dana Smith-Anderson, board president (left) and Terri Blades, executive director, both from the San Antonio Down Syndrome Association display the city of San Antonio proclamation presented to the association by Councilman John Clamp, district 10, for promoting acceptance and inclusion through the annual Buddy Walk for people with Down Syndrome.



Thousands line up for an abundance of food and drink at the Buddy Walk, Saturday at the MacArthur Parade Field. Several local businesses showed their support by donating refreshments for the annual event.



Families of children with Down Syndrome pulled together and form teams for the Buddy Walk. Gabriel Hey (center) and his team prepare to begin the one-mile walk around the Fort Sam Houston's BG Johnson track. Gabriel also opened Saturday's event by singing the national anthem.



## Congratulations



Courtesy Photo

Lt. Col. Amelia Smith, director of the Practical Nurse Course, Phase II, presents the Director's Award to Staff Sgt. Nereida Cardenas Sept. 26 during a graduation ceremony in Evans Auditorium here. Fifty-nine students in Practical Nurse Course, Phase II, Class 07-10, crossed the stage to receive their diplomas. Upon passing the National Council of State Boards of Nursing Examination, each graduate will be licensed to practice from the Texas Board of Nursing.

### News Leader survey online

Submit your feedback to help improve the News Leader. The survey is available online at <http://www.samhouston.army.mil/pao/default.html>. For more information, call 221-0615 or 221-1031.

# Flu shots mandatory for certain DoD personnel

By Jerry Harben  
U.S. Army Medical Command

Influenza is a contagious respiratory disease that can have serious, even fatal, effects. It threatens military readiness, with the potential to put many service members on sick call instead of on duty. Therefore, all military members are required to be vaccinated against the flu each year.

"The Centers for Disease Control and Prevention estimated an average of 36,000 Americans died annually in the 1990s due to influenza-related complications. Each year 5 to 20 percent of the United States population gets the flu, resulting in about 200,000 people being hospitalized. Vaccination is your best protection against influenza infection," said Lt.

"Each year 5 to 20 percent of the United States population gets the flu, resulting in about 200,000 people being hospitalized. Vaccination is your best protection against influenza infection."

*Lt. Col. Patrick M. Garman  
Deputy Director for Scientific Affairs  
at the Department of Defense Military Vaccine Agency*

Col. Patrick M. Garman, deputy director for scientific affairs at the Department of Defense Military Vaccine Agency.

Flu immunizations are mandatory for all active duty, National Guard and reserve personnel. The Department of Defense has established a goal of having 90 percent of these people vaccinated by Dec. 31. The vaccine is available by injection or intranasal spray.

Vaccinations also are mandatory for civilian health-

care personnel who provide direct patient care in DoD medical treatment facilities, and for emergency-essential DoD civilian personnel.

Influenza is spread through aerosolized respiratory droplets during close contact with an infected person or animal, or through contact with a contaminated object.

Experts recommend frequent handwashing and avoiding close contact with people who are sick. People who are sick should avoid others if possible, wash hands often and cover the mouth and nose when coughing or sneezing to prevent the virus from spreading.

Most people who receive influenza vaccine experience no serious problems. Side effects of the injectable vaccine such as soreness, redness or swelling at the injection site, fever, weakness, headache or muscle aches may last one or two days. More serious problems such as severe allergic reactions are rare. Side effects of the intranasal vaccine can include runny nose, headache, fever, cough and sore throat.

More information about influenza and influenza vaccinations is available from the Military Vaccine Agency at [www.vaccines.mil/flu](http://www.vaccines.mil/flu) and from the Centers for Disease Control and Prevention at [www.cdc.gov/flu/protect](http://www.cdc.gov/flu/protect).

## Sports

### Men's basketball players needed

Fort Sam Houston men's basketball players are needed for the varsity team. For more information, call Jimmy Brought Fitness Center at 221-3185.

1/141st Inf.	1	2
MEPS	1	6
BAMC Pharmacy	2	5
418th Med. Log.	0	3

### Intramural flag football standings

Sept. 24		
Team	Win	Loss
USARSO	4	0
BAMC	4	1
32nd TSC	2	1
BAMC Pharmacy	2	1
DENTAC	2	3
14th MI Bn.	1	2
USAG	1	4
Co. D, 187th Med. Bn.	0	4

### Intramural softball standings

Sept. 25		
Team	Win	Loss
USARSO	9	0
264th Med. Bn.	3	3
Recon.	4	2
ARNORTH	2	2
USAG	4	3





# School

## Cougars win district football opener

In a game which saw the lead change seven times, the Robert G. Cole High School varsity football team beat the Comfort Bobcats 34-27 Sept. 26 in heart-stopping fashion. With three minutes left in the game, and trailing 27-26, Cole senior Jeremy Fuentes recovered a Comfort fumble. This set up a 30-yard Gus Cunningham run with less than a minute left putting the Cougars up 34-27. The Bobcats weren't done, however, as they executed the two-minute drill to perfection. Defensive back Derrick Cunningham saved the day for Cole, as he caused Comfort's fourth turnover of the game, intercepting a pass deep in Cougar territory, sealing the victory. Gus Cunningham paced Cole with 125 yards rushing and three touch-



downs, and D'Sean Newsome and Glenn Harrod added long touchdown runs for the Cougars. The victory puts Cole 1-0 in District 27-2A play and 2-3 overall. They next face Brooks 7:30 Friday night at Cole Stadium.

(Source: Fort Sam Houston ISD)

### Fort Sam Houston Independent School District Weekly Campus Activities — Oct. 6 to 11

#### Fort Sam Houston Elementary School

##### Oct. 9

Early release day, 11 a.m.

##### Oct. 10

Early release day, 11 a.m.  
Spirit Day

#### Robert G. Cole Middle and High School

##### Oct. 6

Cole Cougar Pride Club meeting in media center, 6:30 p.m.

Senior Parent meeting in media center, 6:30 p.m.

##### Oct. 7

Volleyball at Blanco, tentative

##### Oct. 9

Junior varsity football at Harper, 6 p.m.

##### Oct. 10

Special bell schedule

**Homecoming game** — varsity football vs. Harper at Cole, 7:30 p.m.

##### Oct. 11

Cross country at Hardin complex, Northside Independent School District, 8 a.m.

Homecoming dance at Army Community Service, Building 2797, 8 p.m.

#### Notices:

Fort Sam Houston Elementary School is pleased to offer you the opportunity to meet with your child's teacher during our early release days Oct. 9 and 10. Call your child's teacher to set-up a time and look for notes sent home regarding the upcoming conferences.



#### Cash and Carry Sale

The next MWR Cash and Carry Sale will be held Oct. 14 and 15 from 9 a.m. to 3 p.m. at Building 4192, Bay A on Wilson Road. The event is conducted on a first-come, first-served basis. Cash and personal checks with picture ID are acceptable forms of payment. All property must be removed from the warehouse at the time of the sale. All sales are final. Property is sold as is, where is. The following used items are available for sale: used TV armoires, night stands, round activity tables, decks, wall mount headboards, VCRs, computer desk with hutch, recliners, lounge chair with ottoman, book cases, file cabinets, used golf clubs and bags, microwave ovens, computer monitors, large speakers, radios, X-box and more. There is no prior viewing of sale property. All property listed is

to be issued to Non-Appropriated Fund Activities for continued use and may not be available on the sale dates. For more information, call 221-4449 or 221-4950.

#### 2008 Fall Fest

The Fort Sam Houston Fall Fest will be held Oct. 18 from 10 a.m. to 6 p.m. at MacArthur Parade Field. The event features a variety of games, food booths, activities and entertainment. Participants can enter the barbecue cook off as well as arts and crafts fair competitions. There will be drawings for a variety of door prizes. The festival parade begins at 10 a.m. on the corner of Stanley and Schofield roads. For more information, call Family and Morale, Welfare and Recreation at 221-3185.

#### Combat Medic Run

The 28th Annual Combat Medic Run will be held Oct. 18 at MacArthur Parade Field at Worth and Stanley roads. The first run begins at 7:15 a.m. Categories are 5K individual run, 5K formation run (28 service members), 10K individual run, 10K five-person guidon team, and 2-mile fun and wellness walk. Awards will be given to the top three finishers in the 14 age categories. Registration fees begin at \$12. Late registration fees will be assessed after Oct. 12. Register online at [http://www.active.com/event\\_detail](http://www.active.com/event_detail).

cfm?event\_id=1532782. runners can also visit the Jimmy Brought Fitness Center and complete an entry form or mail an entry form to Directorate of Family and Morale, Welfare and Recreation, 1212 Stanley Road, San Antonio, TX 78234. Race packets will be available Oct. 15 from 10 a.m. to 7 p.m. at the Jimmy Brought Fitness Center, and on race day from 6 to 7 a.m. There will not be a race day registration. Volunteers are needed as road guards and to assist at water stations. For more information or to volunteer, call FMWR at 221-3185.

### Dining and Entertainment

#### Sam Houston Club

##### Latin Night Comedy Show

The Sam Houston Club will host a Latin Night comedy show and Latin mix after party Oct. 4. The comedy begins at 8:30 p.m. The club will stay open until 1 a.m. The cover charge is \$10 per person and \$15 for couples. The dress code is casual attire. This event is for adults at least 18 years old. Patrons must be at least 21 to purchase and consume alcohol. For more information, call 224-2721.

##### Texas Hold 'Em Tournament

A Texas Hold 'Em Tournament will be held Nov. 14 beginning at 6 p.m.

at the Sam Houston Club. Registration costs \$20 and includes a meal and unlimited soft drinks. Players must be at least 21. To reserve a seat or for more information, call the Sam Houston Club at 224-2721 or 226-1663.

#### Harlequin Dinner Theatre

The Harlequin Dinner Theatre will feature "The Sunshine Boys," a comedy by Neil Simon, through Oct. 18. Tickets are \$31 on Fridays and Saturdays and \$28 on Wednesdays and Thursdays. Discounts are available for military and students. The house opens for salad bar and cocktails at 6:15 p.m. The buffet is open from 6:30 to 7:30 p.m., and the show begins at 8 p.m. The box office is open from noon to 5 p.m. weekdays and 1 to 5 p.m. Saturdays. The theater is handicapped accessible. For reservations, call the theater at 222-9694.

#### Children's Halloween Story Time

Celebrate the scary season as Family member Jenny Koranyi reads Halloween-themed stories for children at the Keith A. Campbell Memorial Library Oct. 26 at 2 p.m. Everyone is encouraged to wear a costume. Free refreshments will be served. For more information, call the library at 221-4702 or 221-4387.



#### Precious Minds, New Connections

Army Community Service Family Advocacy Program will offer Precious Minds, New Connections, an enrichment program for any one with children ages birth to 3 years old on Oct. 9, 16, 23 and 30 and Nov. 6, 13, 20 and 26, from 6 to 8 p.m. at the ACS, Building 2797. This eight-session class offers free child care and free dinners. For more information or to sign up, call 221-0349 or 221-0326 or e-mail [thelma.t.kegley@us.army.mil](mailto:thelma.t.kegley@us.army.mil).

#### Couple's Enrichment

The Family Advocacy Program will hold a three-part Couple's Enrichment class Oct. 10, 17 and 24 from 5:30 to 7 p.m. at Army Community Service, Building 2797. The class will center on reconnecting with your partner, understanding gender differences, commitment and intimacy, and discussions with other married couples, which can help improve a relationship. For more information or to register, call 221-0349 or 221-2055 or e-mail [thelma.t.kegley@us.army.mil](mailto:thelma.t.kegley@us.army.mil).

See MWR P20



# Community

## Events

### WW I exhibit

The San Antonio Public Library and the San Antonio Public Library Foundation will commemorate the 90th anniversary of Armistice Day with an exhibit of original World War I posters not seen on public display since 1933. The 'Winds and Words of War' exhibit will be held Oct. 2 to 27 at the Central Library Gallery, 600 Soledad. An opening reception will be held Oct. 2 from 6 to 8 p.m. Other events include downtown walking tours Oct. 4 and 18 from 10 to 11 a.m.; a lecture titled "Uncle Sam Wants You! James Montgomery Flagg and the artists of World War I," Oct. 6 from 7 to 9 p.m. in the Central Library auditorium; a showing of the film "All Quiet on the Western Front" Oct. 7 at 7 p.m.; a showing of the film "Sergeant York" Oct. 14 at 7 p.m.; and a lecture titled "Battle Ready City: San Antonio in the Great War," Oct. 19 from 3 to 5 p.m. For more information, call 207-2638 or e-mail elizabeth.graham@sanantonio.gov.

### LBJ National Park walk

The Volkssportverein Friedrichsburg Volksmarch club will host a 5K and 10K walk Oct. 4 from 8 a.m. to noon at the airplane hangar at the LBJ National Historic Park at LBJ Ranch in Stonewall, Texas. For information, call Joyce O'Rear at 830-992-2053, e-mail tnjocole@austin.rr.com or visit www.walktx.org/AVA1/.

### Craft fair

The 18th Annual Holly Days Craft Fair will be held Oct. 4 from 10 a.m. to 4 p.m. at Holy Trinity Presbyterian Church, 16245 Nacogdoches Road. For more information, call 651-6871.

### Parish festival

The St. Anthony de Padua Catholic Church will hold its annual parish festival Oct. 5 from 10:30 a.m. to 6 p.m. at 102 Lorenz Road. The festival will feature food booths, children's games, a silent auction, raffle, arts and crafts, music and more. For more information, call 824-1743.

## Nominations for Military Spouse of the Year

Military Spouse Magazine is seeking nominations for the 2009 Military Spouse of the Year Award sponsored by USAA. Nominees must be the spouse of a current member of the U.S. armed forces. The criteria for selection includes: impact on community change, volunteerism, personal sacrifice, education, career pursuits and other military spouse-related efforts. Nominations will be accepted through Oct. 8. For more information, call 703-288-8684. To submit a nomination, visit www.msosy.milspouse.com.

## Training

### Enterprise Web Training

Beginning Oct. 1, the Army Medical Department E-Forms will be eliminated and all forms will be done in the Enterprise Web AMEDD Electronic Forms Support System within the AMEDD domain. Training opportunities are available, but not required, in Willis Hall, Building 2841. The training schedule is:

### EWA forms training

- Oct. 21 from 8:30 to 11:30 a.m. and 1 to 2:30 p.m., Room 2105C
- Oct. 22 from 1 to 2:30 p.m., Room 2105A.

- Oct. 27 from 1 to 3:30 p.m., Room 2105A.
- Oct. 29 from 8:30 to 11:30 a.m., Room 2105C.

### Army Knowledge Online training

- Oct. 23 from 8:30 to 11:30 a.m. and 1 to 2:30 p.m., Room 2105C.

Participants must bring their common access card with them for training. Seating is limited. For more information or to register, call 221-6203 or e-mail julie.gueller@amedd.army.mil.

### Army e-Learning Program

The Army e-Learning Program has 30 Rosetta Stone foreign language courses and 2,600 other courses available, to include new course content on Lean Six Sigma. The Army has included the Books 24/7 features that provide a user more than 4,000 business professional titles, over 6,000 titles in IT Pro and nearly 350 in-office essentials. All reference books are free to authorized users. For more information, call Julie Gueller at 221-6203.

## Meetings

### Spouse's Club

The Fort Sam Houston Spouses' Club will host 'Make It, Bake It, Fake It' silent auction and luncheon Oct. 21 at 11 a.m. at the Sam Houston Club. Members will bring homemade or bought items to be auctioned. Luncheon cost is \$14. All spouses of all

ranks are welcome to attend. For more information or to reserve by Oct. 17, call Kelly Pinsky at 233-8401 or e-mail Cathy Collyer at collyer1813@aol.com.

### Warrant Officer Association meeting

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will hold a meeting Oct. 20 at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Road (near Loop 410). All active-duty, retired, Reserve, National Guard warrant officers and Family members of current or retired warrant officers are invited. For more information, call Juan Gomez at 295-6596, e-mail juan.gomez@us.army.mil or Jim Gonzales at 666-9818, e-mail rgonzales879@satx.rr.com.

## Volunteer

### Cleanup project

The American Society of Military Comptrollers will sponsor a community cleanup project Oct. 4 from 9:30 a.m. to 11:30 p.m. at the Converse Animal Shelter, Inc., 9634 Schaefer Road, in Converse. The project involves cutting grass, clearing brush, pulling weeds, walking dogs and brushing cats. School students can earn a certificate for up to three hours of community service. To volunteer, call Charlene Houghton at 652-3812.

### MWR from P19

## Child, Youth and School Services

### Family Fun Day Carnival

The Child Development Center will host a Family Fun Day Carnival Nov. 7 at 2:30 p.m. at Building 2530, Funston Road. This event is for

Families with children who attend the CDC. Activities will include indoor games and outdoor activities, such as pony rides, disc jockey and inflatable play areas. Refreshments will be sold. For more information, call the CDC at 221-5002.

### Parent Advisory Council

A Child, Youth and School Services Parent Advisory Council meeting will be held Oct. 21 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. All CYSS patrons are encouraged to attend. PAC meetings are held the third Tuesday of each month. For more information, call 221-4871 or 221-1723.

### ACT/SAT Preparation

Free ACT and SAT Power-Prep software is available to all active-duty members, Family members and veterans. Visit www.eknowledge.com/military. For more information, call 221-2214.

# For Sale Fort Freebies

**For Sale:** Wetsuit, size XL, BCD scuba diving gear, size XL, regulator with hoses, soft weight belt, fins, mask, compass, and dive knife, \$800; wrist dive computer, \$300. Call 279-7800.

**For Sale:** Shih-Tzu puppies, AKC, one male and three females black and white, solid liver/sable, shots up-to-date, ready first week of Oct., \$350 male and \$375 females; youth couch, fold out sleeper, black, new, \$150; Pentair pool cleaner for in-ground pool, excellent condition, \$300. Call 697-9261 or 363-4056.

**For Sale:** Ladies Lynx Tigress Elegance golf clubs, set of four woods, nine irons and bag, excellent condition, \$150. Call 804-1881.

**For Sale:** Programmable Honeywell digistat thermostat for home A/C, \$30. Call 221-3549.

**For Sale:** Lazy Boy sofa, good

condition, \$250; set of two bar stools, \$50. Call Greg 241-3038.

**For Sale:** Pioneer, stackable stereo system with original cartons includes manuals, cords, cables, RX1330 receiver, double cassette deck, VSP333 amplifier, PDM450 CD player and CUAV007 remote control unit, does not work, needs to be fixed or used for parts, \$100; Bose 201 Series IV speakers, \$100. Call 455-3146.

**For Sale:** Horizon treadmill, wall saver, folds upright with foot lock latch, safety key, two water bottle holders; grip pulse handlebars, transport wheels and power cord, owner's manual, three years old, good condition, selling for \$900, will take \$700 cash. Call Linda 221-2373 or 354-2078.

**For Sale:** Large Ashley wall mirror, bronze and black frame, 43.5 inches square, \$100; Panasonic

### Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate and employment ads will not be published. To submit a Fort Freebie, e-mail news.leader@conus.army.mil or fax to 221-1198. Freebies run for one week unless the submitter calls to renew. Limit of five items per entry. For more information, call 221-0546.

32-inch digital television, picture-in-picture with remote, \$125; Alfred Angelo wedding dress, pearl and crystal beading, summer length, strapless neckline with beaded spaghetti straps, size 10, \$225; two small TV/VCR combos, paintball equipment, headboard and queen bed frame and more, make an offer. Call 541-4199.

**For Sale:** Power Shredder, PS30, \$10; Compaq keyboard and mouse, model SDM45 40ul, \$10. Call 653-5302.

**For Sale:** Image 10.6Qi treadmill, folds easily, extra-wide deck, inclines up to 10, user manual, good condition, \$350; patio set includes table, six chairs with cushions and two match-

ing footstools, \$100; Haviland Blue Garland China, 12 place settings and seven serving pieces, \$125; Craftsman 6.0 lawn mower, \$40. Call 538-5397.

**For Sale:** 1992 Ford Taurus, second owner, 99K miles, 25 mpg, new Michelin tires, blue interior and exterior, AM/FM/cassette, automatic, four door, good condition, \$2,395. Call 454-0019.

**For Sale:** HJC motorcycle helmet, black, size large, flip face shield, \$150. Call 860-9217.

**Yard Sale:** Saturday starting at 8 a.m. at 8282 Woodcliff Blvd. Selma, Texas. Furniture, fridge, piano, car, small appliances, jewelry, antiques and more. For more information or directions, call 651-9046.

# Religion

## Gospel service holds community outreach

The Collective Protestant Gospel Service will host its 2nd Annual Community Outreach Day Oct. 5 from 10:30 a.m. to 3 p.m. at Salado Park, off Nursery Road. Activities include a worship service with singing and praise and a Christian fellowship. After services, there will be entertainment, children's games and food. The event is open to the Fort Sam Houston community. Casual attire is encouraged. There will not be an Oct. 5, 10:30 a.m. Gospel Service at Dodd Field Chapel. Sunday school will also be canceled Oct. 5. The rain location for the community outreach is the Roadrunner Community Center building. For more information, call Paulette Jordan at 462-7676.

### PWOC meetings

The Protestant Women of the Chapel group meets Wednesdays from 9:30 to 11:30 a.m. and Thursdays from 6:30 to 7:30 p.m. at Dodd Field Chapel. Child care is provided. For more information, call 221-5007.